

First Interstate Bank And Eureka Cross Country Team Present: 7th Annual Roodell Run

Eureka, MT

10K run, 5K run, 5k walk

*Come join the fun and honor a great running legacy in the Tobacco Valley.
This run supports the Eureka Cross Country Team!*

Saturday, August 7, 2010

Races Start 8:30 a.m. Race Day Registration starts at 7:30 a.m.

Race starts and finishes at the High School

Pre-registration fee: \$12 (Rec'd. by August 1, Guarantees T-Shirt)

Race Day Registration: \$15, includes T-shirt while supplies last

Entry forms available on-line at <http://www.lchigh.net/roodellrun/>. Or pick up and drop off forms at Kootenai House (Hwy 93 next to Ace Hardware) or mail before July 31st to:

Roodell Run, 1555 Grave Creek Rd., Eureka, MT 59917

For information call Neil Longhurst at 889-5054/cell 291-2181, Blanche Flanagan at 882-4619 / cell 253-2193

Make Checks to **ENTRY FORM**

Eureka Cross Country Parents

Name: _____

Mailing Address: _____

Email Address (optional): _____

Phone: _____ Age _____ Gender (circle one): Male Female

Shirt Size (circle one): YL S M L XL XXL Other: _____

Race (check one): _____ 5K Run _____ 10K Run _____ 5K Walk

Waiver and Release: I know that running a road race is a potentially hazardous activity. I shall not enter and run unless I am medically able to and properly trained. I also know that there may be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the LCHS Cross Country Team, Lincoln County High School, and any sponsors or organizers from any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature and date: _____

Signature and date of parent or guardian if under 18: _____